



## My Next Steps: Managing Stress and Seeking Non-Medical Counseling Before, During and After Transition from the Military



### Question

**What stress management and other non-medical counseling supports are available to my family as we prepare to transition from the military? Are there any resources available after the transition?**



### Answer

As your family is planning the transition from the military or has just transitioned out of the military to civilian life, find comfort in knowing that there are resources to help you maintain your well-being. Several trusted resources are available to support your family while your service member is still serving. Others are available for a limited time after transition. There are also resources available to use after the transition from military to civilian life. Knowing about the resources that surround your military family during your journey and seeking support for any challenges or stressors that you face before, during and after your service member's transition can help make your family stronger and more resilient.

Military OneSource provides non-medical counseling for your family throughout your service member's career and for a limited time after transition. By calling 800-342-9647, you can connect with a trained counselor who has experience working with military families and understands the unique challenges your family may be facing. The counselor can help you with a variety of non-medical issues, such as stress or anger management, marriage support and parenting skills.

Assistance from Military OneSource is provided with your busy life in mind. You can connect with Military OneSource 24/7 to make an appointment with a counselor. That appointment can then be carried out in a way that's best

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for you, whether that is by phone, in-person, secure online chat or secure video sessions.

If you live near an installation while you are preparing to transition, you can contact the local Military and Family Support Center to find a military and family life counselor, or MFLC. The non-medical counseling an MFLC provides is similar to that of Military OneSource counselors; however, an MFLC may also share local military-focused presentations or organizations where you can find additional information or support.

Any assistance you receive from Military OneSource or an MFLC is confidential; this means, as long as you are 18 years old or older, your spouse and your spouse's chain-of-command do not need to be involved or notified\*. If you find through talking with your Military OneSource counselor

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Resources at a Glance

- [Military OneSource](#)
- [Moving Forward](#)
- [Locate](#) a military and family life counselor
- [Health.mil](#)



## Answer (cont.)

or MFLC that you need help with an issue he or she cannot address, you will receive a referral for medical counseling services at a military treatment facility or in your community through TRICARE or your private insurance policy.

If you or your service member continues to need non-medical counseling after transition, you may need to find other resources as eligibility for some military service-connected resources may end. If you are working or if your service member goes back to work after leaving the military, your employers may provide an Employee Assistance Program, or EAP. Contact your respective Human Resources Department to get information about your EAP. A benefit of this type of program is that if you start using it before your service member transitions, you will be able to continue using it after transition, providing you with a continuous source of support while your family transitions from the military into the civilian world.

After your service member transitions from the military, he or she may have access to other resources for non-medical counseling or training. One resource is the Department of Veterans Affairs Vet Centers. These community-based and

mobile Vet Centers can provide readjustment counseling to help ease the stress of the transition from military to civilian life. Additionally, the VA's Vet Call Center provides around-the-clock, confidential help for veterans and their families.

If you're looking for information, the VA's "Moving Forward" initiative provides online, self-paced courses and the Health.mil website provides educational information to help you and your service member with a variety of issues. Topics range from managing stress, to balancing school and family, to transition-related issues. Although these resources are military-family focused, there are no eligibility requirements for access to the online resources. Therefore, you and your service member can use them throughout your time as a military family and after transition to the civilian world. Know that information, tools and exercises are never meant to replace in-person consultation or advice from a trained professional, so online resources may be best used alongside assistance from a trained professional.

*\*There are some exceptions to this, particularly if you report illegal activities or situations where you may be a danger to yourself or others.*



## Steps to Consider

*These "Steps to Consider" are not meant as a checklist. Use the suggestions to facilitate a discussion with your service member.*

### Before and During your Family's Transition

- If you are interested in seeking non-medical counseling to help with stress management, anger management, marital issues or parenting skills, contact [Military OneSource](#) at 800-342-9647 to speak with a trained professional.
- For face-to-face support with a non-medical counseling need, reach out to an MFLC on [your installation](#) by contacting the Military and Family Support Center near you.
- If you are working, review your employer's Employee Assistance Program to learn about potential well-being supports that may be provided.
- If you are interested in self-paced, online training to help you learn how to manage stress and work through other common military-life related issues, visit the VA's [Moving Forward](#) website. No personal information is needed or stored on the website.

### After Transition

- [Military OneSource](#) support is available for a limited time after your service member transitions from the military. Call 800-342-9647 to make an appointment.
- The trainings available from [Moving Forward](#) continue to be resources available to your family. You can also find information at [Health.mil](#). Visit the websites to get started, to continue with your training or find helpful information.
- If you have changed jobs or if your service member has found civilian employment, review the employer's Employee Assistance Program.
- Contact your local [Vet Center](#) to get confidential help and readjustment counseling for your service member after transition from the military.



- Military OneSource: <http://www.militaryonesource.mil/>; 800-342-9647
  - Non-medical counseling: <https://www.militaryonesource.mil/confidential-help/non-medical-counseling>
- Health.mil: <https://health.mil/>

Locate a military and family life counselor: <https://installations.militaryonesource.mil/>

- ## Department of Veterans Affairs Resources

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## Notes

### Emotional Health Support

- Emotional Well-Being Supports for Transitioning Service Members and Military Spouses
- Crisis Support During and After Transition from the Military

- Health Insurance Coverage Considerations for Transitioning Military Families

- Overview of Veteran's Benefits for Transitioning Military Families